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BACK, BUT READY TO RUMBLE?

THE RIDERS ARE TAKING A WAIT-AND-SEE APPROACH AS DARIAN DURANT RETURNS TO PRACTICE FOR THE FIRST TIME SINCE SUFFERING A FOOT INJURY PAGE 14

KEEPING HIS EYE ON THE BALL

Graham DeLaet, of Weyburn, Sask., plays out of a bunker on the opening hole during the first round of the 142nd British Open at Muirfield on Thursday in Gullane, Scotland. DeLaet opened with a 5-over 76. For more on the Open, see page 14. MATTHEW LEWIS/GETTY IMAGES

Hands-free? Hardly, poll suggests

Sask. looks unwilling to hang up behind the wheel. Survey results at odds with provincial government's efforts to clamp down on distracted driving

ROSS ROMANIUK
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It's a strong and perhaps alarming sign that when it comes to cellphone use behind the wheel, Saskatchewan is far from hanging up.

A new survey has found that a significant majority of Saskatchewan residents — more than six in 10 — see at least one motorist talking on a phone or texting daily, despite a provincial law making such distracted driving illegal since January 2010.

"The reported incidence of this happening is pretty high, to have 63 per cent of people saying they see it happening pretty much every day," Lang McGilp, senior research executive at Saskatoon-based Insightrix Research Inc., said on Thursday.

"At least the belief amongst the public is that this is widespread."

The online study is only "perception-based" in tracking observations rather than statistics on crashes or citations issued by police, McGilp explained.

He pointed out, however, that the numbers paint a potentially worrisome picture for the provincial government as it struggles to convince drivers to put down their iPhones, tablets and BlackBerrys when in gear, in order to prevent injuries and deaths.

The survey, McGilp said, has found that 58 per cent of people in this province believe the frequency of hands-on cellphone use while driving "is either the same or has gotten worse" in Saskatchewan since the law against it kicked in more than three years ago.

"It sort of suggests that a lot of people feel that the behaviour change hasn't really sunk in," he noted.

The independent study's findings are not what the government wants to hear after 175 traffic deaths — many caused by distracted driving — on Saskatchewan highways last year.

"I don't understand why you need to hold a phone or an electronic device while you're driving," Darryl Hickie, an MLA and chairman of the province's traffic safety committee, said earlier this week.

"When the phone goes off with a text message or a phone call or whatever … the eyes are maybe taken off the road."

Crackstarter cash donated

Gawker gives up on finding the alleged video of Toronto Mayor Rob Ford hitting the pipe and gives the $200K raised to charity PAGE 5

Beware the ghost of horror movies past

The Conjuring recycles the old clichés of haunted-house flicks, the Reel Guys say PAGE 9

Chip, chip hooray!

Homemade tortilla and pita chips are amazingly easy to make and perfect served with dip at your next barbecue PAGE 13

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Want the city to kick in $10K for your condo? Not gonna happen

Incentive going to developers. Regina city council won't follow Winnipeg's lead on downtown condos

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Mayor Michael Fougere says city council will most likely not follow in the footsteps of its counterpart in Winnipeg, which recently approved a $10,000 cash incentive for people who purchase condominiums in the Manitoba capital's downtown core.

He said on Thursday that he and councillors are instead looking toward capital incentives for developers to encourage building downtown, which tends to be costlier than elsewhere in Regina.

"We're looking to provide incentives for capital construction for downtown, (which is) expensive to build homes, relatively speaking, (compared) to other parts of the city," Fougere said.

"We don't have the same perspective that Winnipeg has, but we do want to encourage people moving downtown to live here."

Not just about downtown

Instead of a narrow focus on downtown, Fougere said council is looking to bolster the development of below-market and rental residential properties throughout Regina in a bid to ease the city's housing crunch.

- "We are trying to focus on below-market housing," he added. "Particularly our capital incentives."

Building downtown tends to be more expensive because of the higher price of land, he added.

The dollar value of one capital incentive for downtown builders remains up in the air, after city council's executive committee voted Wednesday for the mayor's housing commission to review a proposed cap of $7,500 per residential unit.

"We want to know how much we should actually invest by way of a capital incentive to build downtown," Fougere said.

This move will go to a vote at council on July 29, but the executive committee vote is telling, as its members comprise the full council.

Mayor Michael Fougere says council is looking at boosting downtown residential growth through capital incentives in hopes of cutting down the high cost of building in the city centre. MARCO VIGLIOTTI/METRO

Dollarama

Teen girl charged in mall arson

A 13-year-old Regina girl has been charged with arson connected to a June 12 incident in a Dollarama store at downtown's Cornwall Centre.

City police and fire services were called to the mall at approximately 7 p.m. on that Wednesday. An initial investigation showed someone had been trying to light merchandise on fire, eventually starting a blaze that caused about $1,000 in damage. METRO

RCMP

'Fresh look' at taking bras off needed: Judge

A judge in Saskatchewan says an RCMP detachment needs to take a "fresh look" at its procedures after officers forcibly removed a bra from a woman arrested for impaired driving.

Wanda Deschambault was arrested in July 2012 after a truck hit a monument in Lebret, about 80 kilometres northeast of Regina.

Deschambault refused to take off her bra when she was put in a cell, so one officer held her arms behind her back while another reached under her shirt to unclasp it.

Judge Barbara Tomkins said in a decision recently posted online that taking the bra by force was unreasonable. THE CANADIAN PRESS

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Downtown's Victoria Park and City Square Plaza were filled with laughs and balloons on Thursday as families crowded the area to celebrate I Love Regina Day

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Residents celebrate their love for the city

1

1 Sibling rivalry. Two siblings play-fight with their 'I Love Regina' balloons in Victoria Park on Thursday afternoon.

2 A family affair.

Face-painting, a bouncy castle and games drew many families to the I Love Regina celebrations, which was delayed until Thursday due to rain.

2

3 Chowing down.

Matthew Bowden, 2, eats a burger at the event. Approximately 2,000 burgers were handed out.

3

4 Striking a pose with Munchie.

Three sisters pose for a picture with Munchie from the Royal Saskatchewan Museum, just one of many mascots roaming the park.

4

Gawker gives up on alleged Ford drug video

Crackstarter ends.
U.S. website will give the nearly $200,000 raised to four Toronto-area organizations

Gawker.com has given up on ever buying the video showing Toronto Mayor Rob Ford apparently smoking crack cocaine and is donating the $200,000 raised to four charities. TORSTAR NEWS SERVICE

Money raised to buy an alleged video appearing to show Toronto Mayor Rob Ford smoking crack cocaine will instead be going to four Canadian organizations.

Gawker, the U.S. website behind the fundraiser, had promised to donate the roughly $200,000 it collected if the video didn't surface.

A message posted on the website Thursday said the cash will be split four ways between the Somali Canadian Association of Etobicoke, the South Riverdale Community Health Centre, Unison Health and Community Services and the Ontario Regional Addictions Partnership Committee.

It said each of the organizations will receive about $46,200.

Osman Ali, director of the Somali Canadian group, said he's "very pleased" by the sudden windfall.

The funds will go toward hiring a youth worker to help local youngsters "stay away from guns and gang violence," he said.

The group submitted a proposal for the funding and learned Thursday it had been successful, though only for half the amount it sought, Ali said.

Asked whether he was concerned about benefiting from the controversial fundraiser, Ali said only that "God has mysterious ways of helping."

THE CANADIAN PRESS

63-year-old super fan denied entry to Legoland gets free trip

A 63-year-old Lego fanatic from Windsor, Ont., has been offered an all-expenses paid trip to Legoland after being turned away earlier this month.

John St-Onge tried to visit the theme park on July 6 with his daughter Nicole. The pair drove all the way to the Vaughan Mills shopping centre, north of Toronto, but staff barred them from entering because they weren't accompanied by a child.

"My dad was embarrassed; he felt discriminated against," Nicole said. "And the manager wouldn't even come out to talk to us."

St-Onge is a lifelong Lego fan, and owns more than 50,000 blocks from 72 different sets. He was looking forward to taking photos of Legoland's Toronto skyline exhibit.

Although the policy — which Legoland says is in place to protect children and families — is noted on the park's website, Nicole said there was no mention of it in the brochures she had.

`"Honestly, it didn't even cross my mind to check," she said. "Lego is for all ages."

Once St-Onge's plight was picked up by various news outlets, including Metro, Legoland officials contacted Nicole and offered to arrange a return trip. She says the company is going to pay for admission, gas and meals.

"He's thrilled to go back," Nicole said. "He really wanted to take those pictures and now he gets to do that … and at the least the money we put forth for the original vacation isn't a waste."

LUKE SIMCOE/METRO ONLINE

The Stay Duft Marshmallow Man

A man holds a rope connected to a giant inflatable Mike Duffy-shaped balloon, part of a Senate reform campaign, near Parliament Hill in Ottawa on Thursday. ADRIAN WYLD/THE CANADIAN PRESS

Astronaut relives helmet flooding during spacewalk

Now he knows what it's like to be a goldfish in a fishbowl.

Two days after his helmet flooded during a spacewalk, astronaut Luca Parmitano relived the experience Thursday, describing how water kept trickling into his helmet until big globs covered his eyes, then his nose. It was hard to see, he said, and he could not hear.

"Imagine walking around with your eyes closed in a fishbowl ... It's just a very uncomfortable feeling to be with your face underwater for all that time," Parmitano said in a TV interview from the International Space Station.

Parmitano said he used his memory to make his way back into the space station. His spacewalking partner, Christopher Cassidy, was a big help.

The 36-year-old Italian Air Force officer said he was "miserable but OK" as the spacewalk came to an abrupt end.

Parmitano, a former test pilot, said he was lucky to get back inside so quickly. He figures there was three pounds of water floating inside his helmet when his crew mates yanked it off.

NASA managers have said Parmitano could have choked or drowned, and praised his calmness during the ordeal.

The astronauts, as well as engineers in Houston, are still trying to figure out what went wrong. Parmitano's drink bag has been ruled out. The only other possibility is the cooling system for his suit.

"I'm sure that they will find both the problem and the solution," Parmitano said.

Parmitano became Italy's first spacewalker last week. His spacesuit functioned perfectly the first time around.

The trouble began barely an hour into Spacewalk 2.

Parmitano said he felt cold water on the back of his head. Within a few minutes, he felt it covering his ears.

The sun was setting as the spacewalkers made their way back, making it harder to manoeuvre in the darkness.

"All those things sort of came together (in a) perfect storm," Cassidy told TV reporters. He said the station crew reviewed the spacewalk procedures in advance and discussed possible emergencies.

"But lo and behold, what happened was not one of those items that we discussed," said Cassidy, 43, a former Navy SEAL.

THE ASSOCIATED PRESS

Astronaut Karen Nyberg assists Luca Parmitano in removing his space suit after the aborted spacewalk on Tuesday. NASA/THE ASSOCIATED PRESS

No one can hear you scream

"The water kept trickling until it completely covered my eyes and nose."

Astronaut Luca Parmitano

First Nations

Chiefs debate on experimentation

Canada's largest aboriginal group was to debate a resolution Thursday based on a report that the federal government once conducted nutritional experiments on hungry native children and adults.

The resolution at the Assembly of First Nations meeting in Whitehorse, Yukon, calls on the government to apologize for the experiments conducted between 1942 and 1952 on 1,300 people.

Government officials have said Prime Minister Stephen Harper's 2008 apology for residential schools was intended to cover all wrongdoing.

"The chiefs-in-assembly will not accept the apology as catch-all recognition for all federal policy past, present and ongoing which have and continue to negatively impact aboriginal peoples," the draft resolution states. THE CANADIAN PRESS

Way, way too hot to trot

Fox Valley Griffin, an American Standardbred race horse, welcomes the cooling fans after training at the Illinois State Fairgrounds on Thursday in Springfield, Ill. The National Weather Service says daily temperatures are expected to reach highs above 35 C throughout the U.S. Midwest. SETH PERLMAN/THE ASSOCIATED PRESS

Joseph Michael Liu Roqueñi is on a journey to run 19,000 kilometres from Montreal to Argentina. TUMBLR/FACEBOOK

Finding hope or hell on bare feet

Running to the End of the World. Two-year journey will take man from Montreal to the tip of South America

JESSICA SMITH
Metro in Toronto

Joseph Michael Liu Roqueñi has run about 250 kilometres in the past two weeks — just a fraction of a mainly barefoot journey from Montreal to Argentina — and is encountering some emotional hills and valleys.

The Concordia graduate left Montreal at the beginning of June and plans to reach the southernmost tip of South America in two years, running barefoot or in minimal sandals.

He spoke with Metro from Rutland, Vt., on Tuesday.

"Canada was very short, as Montreal's very close to the border," he said. "However ... the first couple of days for me were like a roller-coaster, in the mix of feelings I was going through."

He left Montreal surrounded by family, friends and media. But by the first night, he was on his own and reality set in.

"I've never done anything like this, leaving everything behind, finishing school, putting aside any work," he said.

Liu Roqueñi is devoting the next two years to running because he hopes it will make him a better person.

"All the experiences and situations that I'll be facing, I want to see how I solve them and how I gain from them in ... growing my virtues."

He'll also be sponsoring a charity in each country he passes through. In Canada, it was Pathways to Education.

"When I get a lot of energy ... the runs are easier," he said. "Other days I'm really, really tired and just looking at my watch, the distance and the time. I'm struggling, looking at the pavement, wondering how much more it's going to take."

Liu Roqueñi said he'll need more sponsorship to finish his journey.

"I've put a lot of effort and money into this. All my savings," he said. "So far, it's not happening the way I'd like it to ... I'm running out of money."

Follow along

Liu Roqueñi will update Metro after every country he passes. Meanwhile, go to www.runningtotheendoftheworld.com to follow along.

Detroit files for bankruptcy

Once the very symbol of American industrial might, Detroit became the biggest U.S. city to file for bankruptcy Thursday, its finances ravaged and its neighbourhoods hollowed out by a long, slow decline in population and auto manufacturing.

The filing — feared for months — put the city on an uncertain course that could mean laying off municipal employees, selling off assets, raising fees and scaling back services such as trash collection and snow plowing, which have already been slashed.

Kevin Orr, a bankruptcy expert hired in March to stop Detroit's fiscal free-fall, made the filing in federal court.

Michael Sweet, a bankruptcy attorney in Fox-Rothschild's San Francisco office, said the city would pay current employees. But "beyond that, all bets are off."

"They don't have to pay anyone they don't want to," he said. "And no one can sue."

Detroit's population, which in the 1950s reached 1.8 million, now struggles to stay above 700,000. Much of the middle-class and scores of businesses have fled, taking their tax dollars with them.

THE ASSOCIATED PRESS

Best bad option

"Only one feasible path offers a way out."

Michigan Gov. Rick Snyder

Bonjour, touristes! France fights its reputation as unwelcoming to travellers

There are no trash cans on the Champs-Elysees. Parisian department stores, as well as shops and restaurants across the country, are closed on Sundays. And pickpockets swarm the Eiffel Tower and the Louvre.

France has long had a reputation — particularly in the English-speaking world — for being a bit difficult to visit. We love to hate it, with its surly waiters and superior shopkeepers. But we also love to love it: More people visit France than any other country in the world.

But now, after years of casually riding a reputation for stunning monuments and world-class food, the French are starting to talk about tourism as an economic benefit — and one they need to do more to capitalize on. This is a sea change in a country that has long prided itself on not doing anything as gauche as catering to visitors.

"The problem is that in France we don't value jobs in tourism," says Didier Arino, a director of the consultancy Protourisme. "We conflate services with servitude."

A woman sunbathes in Paris' Luxembourg Gardens, a top tourist spot. JACQUES BRINON/THE ASSOCIATED PRESS

The numbers show that something is amiss. With the draws of Paris, Alpine skiing and some of the ritziest Mediterranean resorts, France has been the most-visited country for every year there are statistics in the World Bank database, welcoming 83 million foreign tourists in 2012. But it has never sat atop the list of places where visitors spend the most. There, it has been No. 3, behind the U.S. and Spain, for several years.

THE ASSOCIATED PRESS

Expectations exceeded

Shoppers Drug Mart earns $147M profit in Q2

Shoppers Drug Mart's latest quarterly profit of $147 million came in slightly ahead of analyst estimates, as Canada's largest pharmacy chain increased sales by about three per cent over the same time last year.

THE CANADIAN PRESS

Market Minute

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THE METRO LIST

Neil Morton
metronews.ca

1 **Hip stamp.** July 19 is the day Canada Post releases a booklet of 10 stamps commemorating the iconic Tragically Hip (and other bands). So the next time you send snail mail to someone — some people still do — listen to Courage while affixing your Hip stamps. Or just keep them as collectors' items. Coolest $6.30 you'll ever spend on a stamp booklet.

2 **Halifax mayor says no Chris Brown.** Chris Brown's reputation is so bad that Mike Savage, mayor of Halifax, doesn't want him to play a show in the city Aug. 31. Sponsors like Rogers and Molson Coors have also withdrawn sponsorship of the show. Now the show will go on apparently, but the message has been delivered loud and clear to Brown: Brutal role model.

3 **Rolling Stone.** The magazine put Boston bombing suspect Dzhokhar Tsarnaev on the cover of their new issue, creating a firestorm of criticism. Looking almost rock star-esque in the image they used of him, this was a boneheaded decision. Don't glamourize monsters to sell issues. The price ain't worth it.

4 **Sharknado 2.** Social media had a feeding frenzy when this made-for-TV flick about killer sharks in a flooded seaside town aired on the Syfy channel. This instant cult classic starring Tara Reid and other C-listers got so much buzz producers have announced a sequel, set in New York. Some suggested tag lines: "Taking a Bite out of the Big Apple" and "Empire State of Shark."

5 **Imgur.** You probably haven't heard of this image service but you've probably seen their photos all over the Internet. Pics posted to Imgur of cute pets, marriage proposals, photo bombs, memes and other "moments" go viral all over social media sharing platforms. Be a cool cat and bookmark Imgur.com to see what's going viral before the rest of the world.

6 **Amazing Race Canada.** The Canadian version debuted to huge ratings, and has given rise to a new generation of Body Break fans as Hal Johnson and Joanne McLeod, the fifty-something fitness buffs, are competing on the show. Luckily, they're still in contention, having finished third in the opening leg. If they had been eliminated, we'd all be getting fat right now.

7 **AltaVista.** Once upon a time, this search engine was one of the coolest sites on the Internet. It died a slow, quiet death and was officially relegated to the digital cemetery by its owner Yahoo! last week, along with other relics such as MSN Messenger. If you search AltaVista now, it'll take you right to the Yahoo! search page. Google it.

8 **Jenny McCarthy.** The outspoken comedian-actress was announced as one of the new co-hosts of ABC's The View this week. Now word is they're bringing on another new co-host as well, as both Elisabeth Hasselbeck and Joy Behar are departing. I'd go with Canadian comedian Kelly Oxford. She'll keep the loudmouth McCarthy in her place.

9 **Royal baby.** It's already the world's most famous baby and it hasn't even been born yet. While swarms of journalists camped outside St. Mary's hospital awaiting the Duchess of Cambridge, the rest of the world took to Twitter to weigh in. One twit, @LittleBeckieee, said, "Kate & William. Please hold the royal baby up like Simba."

10 **Cory Monteith.** The Canadian actor/Glee star died in a Vancouver hotel room of drug toxicity. Even acting Vancouver Police Chief Doug LePard, who confirmed his death Saturday night, was touched by the sad news: "I watched Glee regularly with my daughters, and I know there will be shock and sadness in many households with the news of his tragic death." Another promising actor lost to addiction.

Clickbait

HANNAH ZITNER
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From online bookies cashing in on royal baby-name bets to media creating micro-sites, this baby is getting more bandwidth than the average babe gets bottles (and boobs). For those wanting to be kept in the loop once our wee future monarch pops, there's no shortage of apps to keep you abreast of baby's life (or poke fun):

Name the Royal Baby

Victoria? Diana? Arthur? Lil Will? Here's your chance to submit your royal baby name suggestion.

Royal baby App

Official app of Will and Kate's 'happy day.' You'll receive photos, news updates and even history lessons on royal babies through the ages.

Royal Baby Slot Machine

Vegas Baby! The only time lining up three stinky diapers is considered cashing in.

ZOOM

Happy 95th birthday, Mandela

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

South Africa celebrates milestone

Children react at a school as they celebrate former South African president Nelson Mandela's birthday in Cape Town, South Africa, Thursday. South Africa celebrated the leader's 95th birthday, a milestone capped by news that his health was improving.

THE ASSOCIATED PRESS

His legacy

- Mandela was jailed for 27 years under apartheid and led a difficult transition to democracy, becoming president in all-race elections in 1994. He served one five-year term, evolving into a global statesman and pursued charities after.

Hitting home

Mandela "is proof that one person can change the world."

NDP Foreign Affairs Critic Paul Dewar

He added he remains an inspiration despite his poor health.

Prime Minister Stephen Harper said in a statement that Mandela is "a model of humility, grace and forgiveness, whose life and teachings are an inspiration for all those who strive for freedom, democracy and reconciliation." Canadians across the country recognized the day.

Health improving in hospital

Mandela remains very fragile. The news that his health improved was another turn in the life of a man who became a global figure of sacrifice and reconciliation during the fight against white minority rule in South Africa.

THE ASSOCIATED PRESS

Letters

RE: Not Every Dog Has Its Day, published July 17

Thank you Mike Benhaim, for putting my thoughts so poignantly!

Children cause far more disturbances and messes than dogs do in stores/shopping malls ... wherever.

It's such a shame that it only takes one complaint/dog hater, or one bad owner/dog (and usually a very minor occurrence) to make store owners ban dogs completely. It doesn't make sense.

I was once in a video store and brought my little Boston Terrier in with me. I was told she couldn't be in there (by a teenage employee know-it-all). I asked why, and was told she might make a mess (pee). So I picked her up and said, there, now there's no chance of that.

He said again, well she still can't be in here, so I said, call the police if it's that big of a problem (I know it was a bit extreme but I was extremely annoyed), and continued shopping.

Lori Dunstan, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
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Synopsis

The Perron family believe they've found their dream home — a tidy little farmhouse near Harrisville, R.I. It's the perfect place to raise five little girls. But a malevolent presence is hell bent on turning their dreams to nightmares. When the bumps in the night morph into happenings a little more freaky, the family calls in paranormal investigators Ed (Patrick Wilson) and Lorraine (Vera Farmiga) Warren. But even these bona fide ghostbusters are no match for the evil that lurks around the farm. Liz Brown fills in for Richard Crouse this week.

- Liz: ●●●○○
- Mark: ●●○○○

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Conjuring opens this weekend. HANDOUT

Seeing is not believing

The Conjuring.
Film's chills only work if you think that spirits walk among us

Liz: Mark, ever since I made the decision to live alone last year, I've avoided all scary movies. But in that 12-month hiatus, it seems nothing has changed in the genre. The Conjuring is full of the same old clichés: a freaky doll, a haunted music box and a spooky old house with a cellar full of cobwebs. What did you think of it all?

MB: It has all the clichés but with superior acting and direction. But Liz, here's the thing: if you don't believe in ghosts you just won't be frightened. It's not the supernatural that scares me, it's my mortgage.

LB: That's exactly the reason I'm a proud renter. But I'm with you on the non-believing — maybe back in my Catholic school days the scares would've resonated, but I'm not losing any sleep over this one. However, there were a few jump-worthy scenes that had me nearly spilling my popcorn. Did you close your eyes at all?

MB: Only when I was tired from my busy day. What I did like about the movie was the interesting relationship between the married couple investigating the paranormal activities. I wish the movie was more about them. I also liked the 1971 setting, which made the movie spooky although I don't know which was scarier: the wallpaper or the moustaches.

LB: The wallpaper, definitely! It made me think of The Shining's Stanley Hotel. I was half expecting ghost twins to walk down the halls of the farmhouse. As for the Warrens, I found them hard to warm up to. I much prefer Vera Farmiga when she's two-timing Mark Wahlberg and Matt Damon in The Departed. But what about the poor haunted family, had you no sympathy for them?

MB: Sympathy for Lili Taylor, yes, with her makeup smeared like that. But as for the rest of them, next time get a condo!

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Analysis

Smile, it's a dinosaur — sort of

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Efexio
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Hollywood creature-maker Phil Tippet (Star Wars, Indiana Jones, Twilight) offers this detailed system for adding realistic dinosaurs, captivating monsters, and dancing penguins to your photographs, mobile videos, and homemade movies.

Comedy/Drama

Frances Ha

Director. Noah Baumbach

Stars. Greta Gerwig, Mickey Sumner

The seventh film from Greenberg director Noah Baumbach isn't so much a traditional narrative as it is a character study of Frances (Greta Gerwig), an underemployed dancer struggling to find herself in New York City. It plays like a cleaned up black-and-white version of Girls; an emotionally rich and funny portrait of 20-something ennui. The supporting cast (including Girls star Adam Driver) is strong, but this is Gerwig's movie. Once again — after films like Lola Versus and Arthur — she hands in an authentic, affecting and purely wonderful performance. **RICHARD CROUSE**

Action/Comedy

Red 2

Director. Dean Parisot

Stars. Bruce Willis, John Malkovich, Mary-Louise Parker

RED (short for Retired, Extremely Dangerous) was a surprisingly fun and funny star vehicle for a group of aging actors. Hoping to catch lightning twice, this sequel reunites characters from the original film with an expanded cast and international locales. Poor pacing muddles an already convoluted plot that tries valiantly to balance the addition of Catherine Zeta-Jones, Anthony Hopkins and Lee Byung-hun. But it's the interplay between leads Willis, Parker and especially Malkovich that keeps the film on its feet. **IAN GORMELY**

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 19 TO THURS., JULY 25 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Despicable Me 2 (G) Fri-Tue 1:30 Star & Strollers Screening Wed 1 Thu 1:30
Despicable Me 2 3D (G) Fri-Thu 4:20-7:05-9:40
Grown Ups 2 (PG) Fri-Thu 12:40-3:05-5:30-8-10:30
The Heat (14A) Fri-Thu 1:15-4:15-7:45-10:35
The Lone Ranger (PG) Fri-Thu 12:20-3:35-6:50-10:05
Man of Steel 3D (PG) Fri-Thu 12:35-3:45-6:55-10:10
Monsters University (G) Fri-Thu 2-5-7:40-10:15
Now You See Me (PG) Fri-Thu 1:45-4:30-7:10-9:50
Pacific Rim (PG) Fri-Thu 12:50-3:55-7:30-10:25
Turbo (G) No Passes Fri-Thu 12:25-2:45-5:05-7:25-9:45
World War Z 3D (14A) Fri-Thu 1:55-4:40-7:20-10

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Annie (STC) Sat 12:45
The Conjuring (14A) No Passes Fri-Sat 12:05-2:45-5:20-8-10:40 No Passes Sun 2:15-5:20-8-10:40 No Passes Mon-Tue 2:20-5:05-7:45-10:20 No Passes Wed 11:40-2:20-5:05-7:45-10:20 No Passes Thu 2:20-5:05-7:45-10:20
Despicable Me 2 (G) Fri 1:55-4:30-7:05-9:35 Sat 11:25-1:55-4:30-7:05-9:35 Sun 1:55-4:30-7:05-9:35 Mon 1:25-4-6:45-10:05 Tue 1:25-4-6:50-9:15 Wed 11-1:25-4-6:50-9:25 Thu 1:25-4-6:50-9:15
Exhibition: Munch 150 (G) Sun 12:55
Grown Ups 2 (PG) Fri 12:20-2:50-5:15-7:50-10:20 Sat 11:40-2:50-5:15-7:50-10:20 Sun 12:20-2:50-5:15-7:50-10:20 Mon-Tue 2-4:30-7-9:30 Wed 2-4:30-7-9:35 Thu 2-4:30-7:05-9:30
Hatchet III (STC) Wed 9:30
The Heat (14A) Fri 1:50-4:35-7:20-10:05 Sat 4:35-7:20-10:05 Sun-Tue 1:50-4:35-7:20-10:05 Wed 11:10-1:50-4:35-7:20-10:05 Thu 1:50-4:35-7:20-10:05
Lemony Snicket's A Series of Unfortunate Events (PG) Sat 11
Little Shop of Horrors (STC) Thu 7
The Lone Ranger (PG) Fri-Sun 9:40 Mon 9:10 Tue 9:25 Thu 9:25
Monsters University (G) Fri 1:30-4:15-7 Sat 11-1:35-4:15-7 Sun 1:30-4:15-7 Mon 1:15-3:55 Tue-Wed 1:15-3:55-6:45 Thu 1:15-3:55
Oceans (G) Wed 11
Pacific Rim 3D (PG) Fri-Sun 4:10 Mon-Thu 4:05 Fri-Sun 1:10-7:15-10:15 Mon-Wed 1:10-7:05-10 Thu 10:15 Thu 1:10-7
R.I.P.D. 3D (PG) No Passes Fri-Sun 12:40-3:10-5:40-8:05-10:30 No Passes Mon-Tue 2:50-5:10-7:50-10:15 No Passes Wed 12:25-2:50-5:10-7:50-10:15 No Passes Thu 2:50-5:10-7:50-10:15
Red 2 (PG) Fri 2-4:50-7:45-10:35 Sat 11:15-2-4:50-7:45-10:35 Sun 2-4:50-7:45-10:35 Mon-Tue 2:05-4:50-7:30-10:10 Wed 11:20-2:05-4:50-7:30-10:10 Thu 2:05-4:50-7:30-10:10
Springsteen & I (STC) Mon 7:30
Turbo (G) No Passes Fri-Sun 12 No Passes Mon-Tue 1:45 No Passes Wed 11:15 No Passes Thu 1:45
Turbo 3D (G) No Passes Fri-Sun 2:30-5-7:30-9:55 No Passes Mon-Tue 4:20-7:15-9:40 No Passes Wed 1:45-4:20-7:15-9:40 No Passes Thu 4:20-7:15-9:40
The Wolverine 3D (14A) No Passes Thu 10
World War Z 3D (14A) Fri-Sat 2:10-4:55-7:35-10:25 Sun 4:55-7:35-10:25 Mon-Tue 2:15-4:55-7:35-10:20 Wed 11:30-2:15-4:55-7:35-10:20 Thu 2:15-4:55-7:35

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flying Monsters 3D (STC) Fri 1-2:15-4:45-8:15 Sat-Sun 2:15-4:45-8:15
Rocky Mountain Express (STC) Fri 11-3:30-7 Sat-Sun 1-3:30-7

Golden Mile
3806 Albert St.

The Croods (G) Fri-Thu 1:15-4:05-6:50
Epic (G) Fri-Thu 1:25-4:05
Fast & Furious 6 (14A) Fri-Thu 1:10-3:45-6:35-9:15
Frances Ha (14A) Fri-Thu 1:25-4-6:45-9:20
The Hangover Part III (14A) Fri-Thu 9:15
The Internship (PG) Fri-Thu 6:40-9:15
Iron Man 3 (PG) Fri-Thu 1:15-3:50-6:40-9:20
Star Trek Into Darkness (PG) Fri-Thu 1:10-3:45-6:30-9:10
This Is the End (18A) Fri-Thu 1:25-3:50-6:35-9:05
White House Down (14A) Fri-Thu 1:20-3:45-6:30-9:10

Regina Public Library Film Theatre, 23 11 12th Ave.

A Band Called Death (STC) Thu 9
Graceland (STC) Fri 7 Sat 9 Sun 7
Love Is All You Need (PG) Thu 7
No Films Showing Today (STC) Mon-Tue
The Sapphires (PG) Fri 9 Sat 7 Sun 8 Wednesday Plus (STC) Wed 7

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Back to the Future

SOUND CHECK
Alan Cross
scene@metronews.ca

This weekend, let's engage in a little audio archeology, shall we?

Paper Cuts (Live at Radio Shack)/ Nirvana

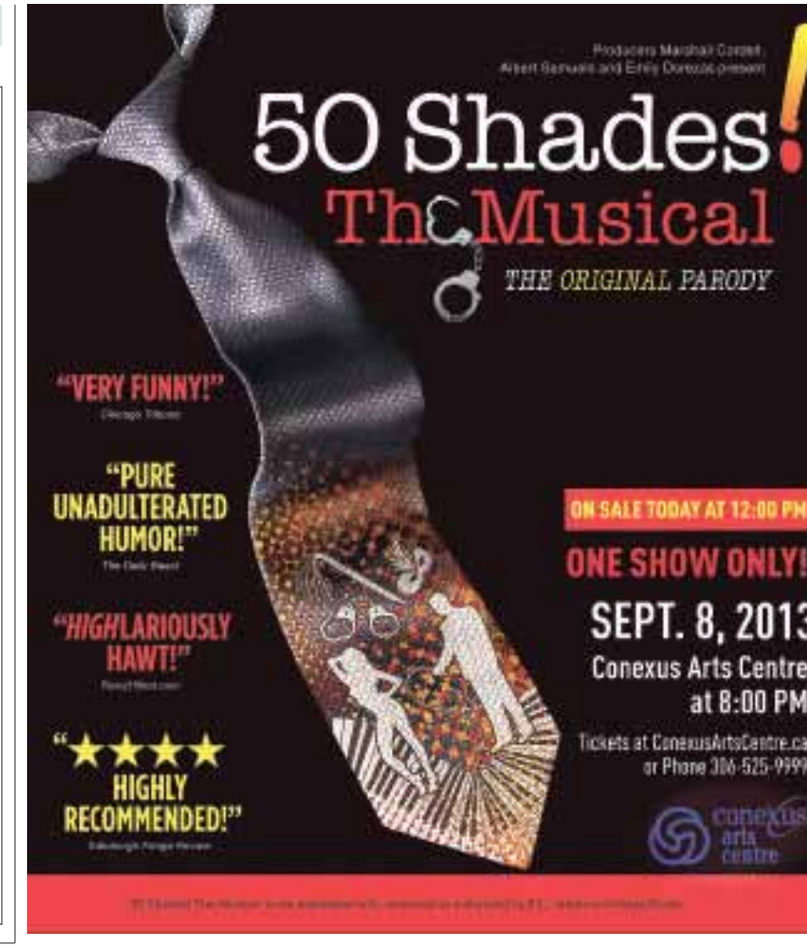
Back in 1988, Kurt Cobain convinced a friend to videotape Nirvana (still known as Ted Ed Fred) performing after hours in a Radio Shack store in Aberdeen, Wash.

Demos/Noel Gallagher

A Noel Gallagher demo tape from 1989 showed up online this week. The material dates back to his pre-Oasis days, when Noel was still working as a roadie for the Inspiral Carpets.

It's Finally Ironic/Rachael Hurwitz and Chael Leah

Alanis had a very poor grasp of the definition of "ironic" when she recorded Jagged Little Pill. She now stands corrected with this song from Hurwitz and Leah.



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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

It would appear that Gallagher's got someone looking back in anger

MELINDA TAUB
Metro World News

There's a $3 million child support case making its way through the New York family courts right now. Officially, it's known as Anonymous Vs. Anonymous, but according to the Daily News, one of those Anonymouses is Oasis frontman Liam Gallagher, and the other is reporter Liza Ghorbani, who once profiled him for the New York Times.

Ghorbani wrote about Gallagher in 2010 for the Grey Lady's A Night Out With… series. A source close to Ghorbani claims that she and the married rocker began an affair that night, which continued on and off until Ghorbani told him she was pregnant last year.

The source claims it was the news of her pregnancy that led Gallagher to cut off contact — he was apparently worried his wife would find out what he'd been up to. That plan is probably shot.

Mama, eye love you: Bieber branded once again

Justin Bieber

Justin Bieber's tattoo obsession continues, his latest addition being a photo-realistic human eye on the inside of his elbow, according to E! News. The popstar later identified the inspiration behind the tat, posting a picture of it on Instagram along with the caption, "Moms always watching."

To hear his favourite tattoo artist tell it, getting the work done took some scheduling. "Justin called me around 10:30 p.m. last night and asked if I could open up the shop. We are both so busy, and our schedules are pretty hectic, so I opened up the shop, and he came in around 4 a.m.," New York City-based artist Keith Bang Bang McCurdy says.

"Justin chose a female eye that best represented what he was looking for. I did the tattoo in black and white, because it complemented his other tattoos. I wanted it to complement him, and not be a distraction from him."

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Liquid Assets

Beer shows its softer side

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

My suggestion last week that only wine and spirits make for interesting cocktails got under the cap of beer-loving readers who emailed me their favourite brew-based recipes.

While I've never found the idea of Guinness and sparkling wine appealing (it's called a Black Velvet), the classic shandy can be found on my back deck on hot summer days.

Said to have originated in Britain (where a shandygaff was a blend of ale and ginger beer), the recipe has evolved into a blend of any style of beer and either ginger ale or lemonade.

Making one is easy. Over ice, fill a glass with equal portions of the booze and mix, and you're good to go. I find sparkling lemonade really livens up the drink and enhances its thirst-quenching properties.

If home bartending just isn't your thing, you can buy a pre-mixed version.

Rickard's Shandy (473 ml, $2.35-$3.39) combines the Canadian brewer's lager with lemonade, creating an interpretation with a freshly squeezed, lemony aroma and a light flavour trail of lemon and soft malt.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Don't roll your eyes just yet. Do-it-yourself chips are simple to make, they put you in control of the ingredients, they happen to be insanely delicious and can be seasoned however you like.

Chip chip hooray!

Fried Corn Tortilla Chips

- Canola or vegetable oil, for frying
- 1/2 tsp cinnamon
- 1 tsp sugar
- Pinch salt
- Four 6-inch fresh corn tortillas

Into saucepan, pour about 1/2 inch of oil. Over medium-high, heat until it reaches 400 F on deep-fry thermometer. In small dish, mix cinnamon, sugar and salt; set aside. Line plate with paper towels. Cut each tortilla into 6 wedges. Three at a time, use a slotted spoon to lower wedges into oil. Cook 15 seconds per side, then use slotted spoon to transfer to paper towel-lined plate. Sprinkle with a bit of the cinnamon-sugar mixture. Repeat with remaining tortillas.

Salt and Pepper Baked Whole-Wheat Tortilla Chips

- Olive oil cooking spray
- Two 8-inch whole-wheat tortillas
- Kosher salt and ground black pepper

Heat the oven to 400 F. Lightly coat a rimmed baking sheet with cooking spray. Cut each tortilla into 8 wedges, then arrange them on the prepared baking sheet. Spritz the tops of the tortilla wedges with cooking spray, then season them lightly with salt and pepper. Bake for 8 to 10 minutes, or until crisp and lightly browned. Remove from the oven, let cool for a moment, then taste and season with additional salt and pepper, if needed.

Baked Whole Wheat Pita Chips

- Two large whole-wheat pita pockets
- Olive oil
- Kosher salt
- Garlic powder
- Smoked paprika

Heat oven to 400 F. Split each pita pocket into 2 rounds. Cut each round into 8 wedges, then place all wedges in bowl. Drizzle with olive oil, tossing to ensure all are evenly coated. Sprinkle wedges with salt, garlic powder and smoked paprika, tossing to coat. Arrange wedges in even layer on rimmed baking sheet. Bake for 15 to 20 minutes, or until crisp and lightly browned. Serve immediately. **THE ASSOCIATED PRESS**

Go nuts for homemade granola bars

1. Preheat oven to 325 F (160 C). Grease an 8x8-inch (20x20-cm) baking pan and line with parchment paper, letting it stick and hang over the pan. In a large bowl, stir oats with peanuts, raisins, flax seed, cinnamon and salt.

2. Place honey, peanut butter, brown sugar and butter in a medium saucepan set over medium-high heat. Stir constantly until sugar is dissolved and mixture boils around edges, about 1 min. Pour over oatmeal mixture and stir well to combine.

3. Using damp fingers, press firmly into pan. Bake in preheated oven until edges are a deep golden brown, 30 mins.

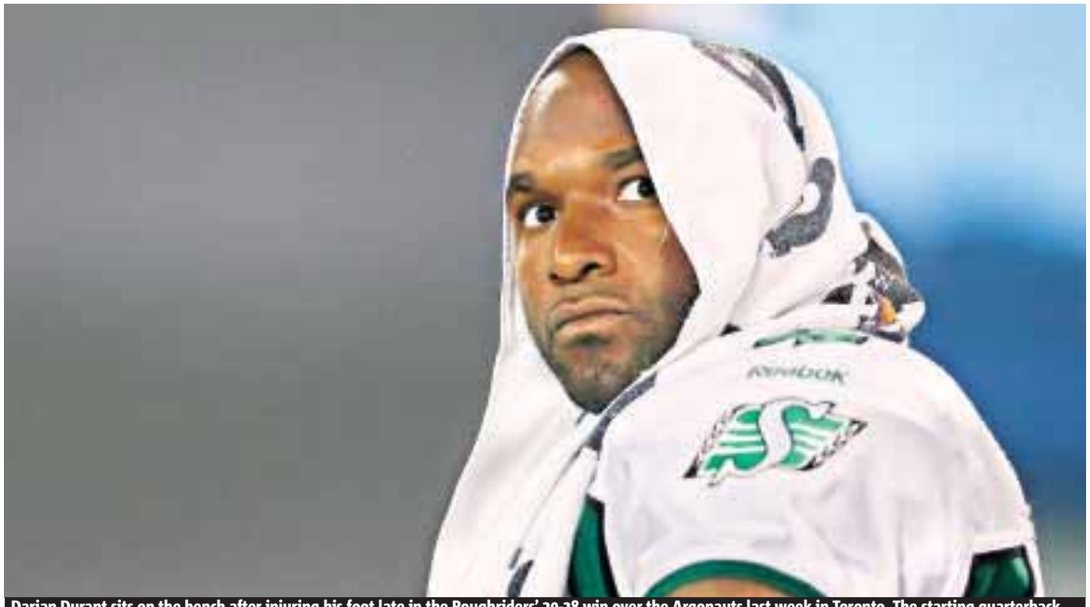
4. Cool in pan. Using the parchment paper, remove to a cutting board then discard parchment. Slice into bars and store in an airtight container.

NEWS CANADA/PEANUTBUREAU.CA

Ingredients

- 2 cups (500 ml) old-fashioned rolled oats
- 3/4 cup (175 ml) peanuts, chopped
- 1/4 cup (60 ml) raisins
- 2 tbsp (30 ml) ground flax seed (optional)
- 1/2 tsp (2 ml) cinnamon
- 1/4 tsp (1 ml) salt
- 1/3 cup (75 ml) liquid honey
- 1/4 cup (60 ml) peanut butter
- 1/4 cup (60 m) brown sugar
- 3 tbsp (45 ml) butter

This recipe makes 14 bars. NEWS CANADA



Darian Durant sits on the bench after injuring his foot late in the Roughriders' 39-28 win over the Argonauts last week in Toronto. The starting quarterback wore a walking boot earlier in the week, but returned to practice on Thursday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Durant puts his best foot forward

CFL. Starting QB returns to Riders practice after injuring foot during road win

Corey Chamblin had his starter back on Thursday.

Darian Durant returned under centre with the Saskatchewan Roughriders after suffering a foot injury in last week's 39-28 road win over the Toronto Argonauts. Durant had a walking boot on his foot earlier in the week and didn't practise before Thursday.

Durant, 30, took the majority of snaps with the starting offence and performed well, Chamblin said. However, the Riders head coach is taking a wait-and-see approach regarding whether Durant will face the Hamilton Tiger-Cats on Sunday at Mosaic Stadium.

"Darian looked pretty good.... You could tell he had a day off as far as his throwing, but other than that he looked good," Chamblin said. "He says he feels like he's in that 85 to 90 per cent range and can tape it up and do some things and be ready to go.

"But if he feels like he's limping and can't do what the game plan says, then he probably won't go. We want to make sure how healthy he is, if he felt any pain, does he feel like he's mobile enough and do we feel like he's mobile enough?"

Backup Drew Willy also practised with the starters Thursday after seeing plenty of time with the No. 1 unit earlier this week with Durant out.

"That was the good thing about it," Chamblin said. "When Darian didn't practise Day 1, it allowed Drew to get his reps in and that was pretty good for him."

Whoever starts against Hamilton will have the benefit of another reliable receiver in the lineup. Chamblin said veteran slotback Geroy Simon, a key off-season acquisition from B.C., will make his long-awaited Saskatchewan debut after missing the club's first three games with a leg injury.

THE CANADIAN PRESS

Mr. Efficient

Darian Durant has had a solid start to the season. He has completed 54 of 75 passes (72 per cent) for 674 yards with eight touchdowns and no interceptions, and has a league-best efficiency rating of 135.1.

NHL

Kings sign captain to 8-year extension

Dustin Brown looked at the core of the Los Angeles Kings, and his decision was easy. He wanted to stay long-term, and he wanted to get the deal done himself.

Brown did just that, signing for eight years and $47 million US, ensuring that this Stanley Cup champion Kings team would have its captain around through the 2021-22 season. The right-winger joined goaltender Jonathan Quick, defencemen Drew Doughty and Slava Voynov and forwards Mike Richards and Jeff Carter as players signed for at least the next six seasons.

"We weren't built to win the cup one year and then disappear," said Brown, who represented himself in contract negotiations. THE CANADIAN PRESS

Tour de France

French riders off the schneid

Christophe Riblon became the first Frenchman to win a Tour de France stage this year and Chris Froome boosted his overall lead despite a late struggle on Thursday's 18th stage.

Riblon threw his hands up and pumped his fists after clinching the second Tour stage win of his career, three years after winning another mountain trek. American Tejay van Garderen finished 59 seconds behind in second.

Froome, 3:18 back in seventh, extended his comfortable lead over his main rival, Alberto Contador, to more than five minutes with just three stages remaining.

THE ASSOCIATED PRESS

Johnson leads after first round of British Open

Zach Johnson lines up a putt during the first round of the British Open on Thursday. PETER MORRISON/THE ASSOCIATED PRESS

Zach Johnson and Tiger Woods sure know how to start the British Open.

Now, they've got to show they can finish.

Bouncing back from a tough loss last weekend, Johnson opened with a 5-under 66 for a one-shot lead on a sunny Thursday at Muirfield — another brilliant start after a 65 at Lytham last year.

"I don't know what the secret is," Johnson said.

Can he keep it going? A year ago, the 2007 Masters champion followed up with a 74 on the way to a ninth-place finish.

"This game demands resilience," Johnson said. "That just comes with experience."

Woods has plenty of experience winning majors — he's got 14 of them — but it's been more than five years since he captured the last one, the longest drought of his career in the tournaments that matter most.

Woods also got off to a strong start, posting an impressive 69 in the increasingly difficult conditions of the afternoon.

Don't get too worked up about his chances just yet, however. He shot 67 in the opening round at each of his last two Opens, only to watch someone else leave with the Claret Jug. Woods faded to 23rd at St. Andrews in 2010, skipped a year because of injuries and tied for third at Lytham.

Graham DeLaet of Weyburn, Sask., playing in his first major, opened at 5-over 76.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may be feeling emotional but that's OK. It's likely you will get what you desire if you express yourself directly. A frank exchange of views may resolve a domestic issue.

♉ Taurus
April 21 - May 21
You need to do a bit more homework before you start something new. Your chart suggests you have overlooked information that could make a difference to your plans. Get it right the first time.

♊ Gemini
May 22 - June 21
You will discover the answer to a question that has been worrying you for ages. It may come as a bit of an anti-climax but the "big" questions are often like that. The answers turn out to be so simple.

♋ Cancer
June 22 - July 23
What's done is done and cannot be undone, so stop wasting time wishing things could have been different. You are where you are and the only thing you have control over is what to do next.

♌ Leo
July 24 - Aug. 23
You may be tempted to put on an act just to please certain people but why bother? You are who you are for a reason and it has nothing to do with make-believe.

♍ Virgo
Aug. 24 - Sept. 23
You may wish you could protect someone from the consequences of their actions but it's better if they learn from their own mistakes. Lend a helping hand but that's it.

♎ Libra
Sept. 24 - Oct. 23
You will notice something that others have missed today and it may be something you can turn to your advantage financially. Is it immoral to do so? Of course not.

♏ Scorpio
Oct. 24 - Nov. 22
You have this urge to pack your bags and head out the door. But before you get on your way, let loved ones know you will be back. If not, they may pack their bags too!

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to poke fun at someone's efforts but before you do, understand how it could affect them emotionally. Not everyone is as confident as you.

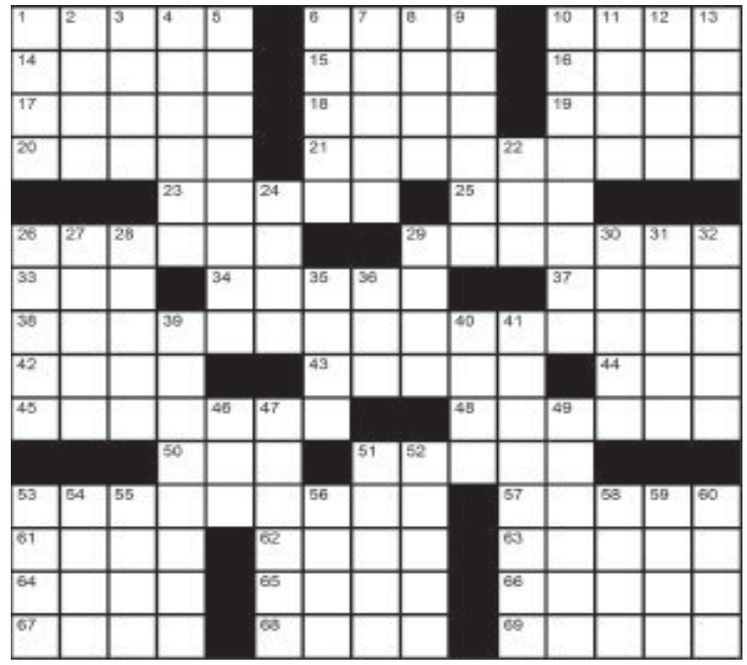
♑ Capricorn
Dec. 22 - Jan. 20
You know that you are right and that the "facts" are not to be trusted, so follow your instincts and ignore those who say you are heading for a fall. Even if it turns out you are wrong, you self-belief will shield you.

♒ Aquarius
Jan. 21 - Feb. 19
An exciting opportunity will come your way today, but can you be bothered to do anything with it? For some reason you are a bit lethargic. Find a way to get enthusiastic.

♓ Pisces
Feb. 20 - March 20
The closer you observe people you interact with today, the more you will learn things about them that can be used to your advantage. It'll give you a better understanding of human nature. SALLY BROMPTON

Crossword: Canada Across and Down

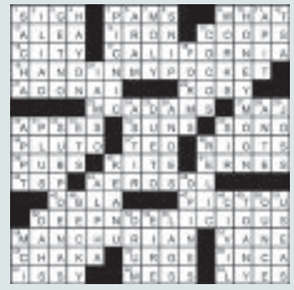
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Ready to rock
6. Spray
10. The Royal __
14. Prefix to 'graphy' (Fancy writing)
15. Ruler measurement
16. 'Switch' suffix
17. Becomes silent, __ up
18. On _ __ with (Equal to)
19. Journalist's tip
20. Gin and __
21. Band Winnipeg-born producer Bob Rock has worked with
23. Reddish-rose dye
25. View
26. Veer
29. Canuck newlyweds Kroeger/Lavigne, Brangelina-style
33. Understanding utterances
34. Writer Ms. Jong
37. River to the Ubangi
38. CBC cooking show: 3 wds.
42. Princess in "Star Wars" (1977)
43. Org.
44. Pre-1868 Tokyo
45. "Kyrie, __...": Bit of Mr. Mister's '80s hit "Kyrie"
48. Core parts
50. Stiff upper __
51. Guitar or piano, e.g.
53. Alberta's provincial tree, __ Pine
57. Song's swiftness
61. Opera-style tune
62. Vitamins brand, __ _ Day
63. Ex-Pres. Bush's wife
64. Chair
65. Use a sieve
66. Compound in perfume
67. Feeling
68. Prefix meaning 'Within'
69. Oozes

Down
1. Twitter-joiner's creation, e.g.
2. Bad: Spanish
3. Agenda
4. More like Freddy's tree
5. Ontario licence plates motto, Yours to __
6. "__ Vice"
7. How some solve crosswords: 2 wds.
8. Flee
9. Be a caught shark, do this
10. Sainte-Anne-de-__, QC
11. Q. "Queen... 'We blank the Champions', what's missing?" A. "'__', _ think."
12. "Flew in from Miami Beach _ _ _ _." - The Beatles, "Back in the U.S.S.R."
13. Luke Skywalker mentor
22. Pastureland
24. Dry
26. East Coast wild horses island
27. Tire
28. "The Matrix Reloaded" (2003) actress Ms. Davis
29. Teeth fixer-uppers
30. Party hearty
31. L'__ __ Montreal
32. The King, in French: 2 wds.
35. "_ __ See for Miles" by The Who
36. '_' __ for Calgary
39. CFL fan's __ party
40. Eternities practically
41. Sinks a ship deliberately
46. "Sprechen __ Deutsch?"
47. Go against
49. Iron-ee
51. "_ __ My Heart in San Francisco" by Tony Bennett
52. "Peachy keen!"
53. Endure
54. Certain cookie
55. Sigourney Weaver role, __ Fossey
56. "From here __...": 2 wds.
58. TV clicker button
59. Get set, for short
60. Paddles

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		9		7			3
				5		9		6
				2		4	7	
	6						4	1
			4		3			
8	9						5	
	2	8		1				
3		6		7				
7			8		9		1	

Yesterday's Sudoku

8	6	2	3	9	4	5	7	1
4	5	9	2	7	1	6	8	3
3	7	1	8	6	5	4	9	2
2	8	5	1	4	9	3	6	7
1	9	7	6	5	3	8	2	4
6	4	3	7	2	8	9	1	5
5	3	8	9	1	2	7	4	6
7	2	4	5	8	6	1	3	9
9	1	6	4	3	7	2	5	8

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SAVE $9,853

EMPLOYEE PRICE:
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Stock # E20138

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